HAPPINESS IS 4-H

By Frank H. Sweet
Extension Agent

Laurie McLean had the good fortune (or misfortune) to have her stay in Chicago at National 4-H Congress extended due to a snowstorm which closed Chicago's Ohare Airport. Over 13 inches of snow fell last Friday and Friday night delaying Laurie's flight over 24 hours. She finally arrived in Appomattox on Saturday afternoon, tired, but extremely excited about her trip. A trip to National 4-H Congress is a goal that many younger 4-H'ers should strive to achieve.

* * *

Jo Ann Jamerson and Mike McCoy provided some special entertainment for the Annual Meeting of the Lynchburg Feeder Calf Association this past Thursday evening at the WOW Building in Appomattox. Opportunities such as these are great for 4-H'ers to develop their talents and build confidence.

* * *

All Senior 4-H'ers should be aware that now is the time to begin work on their Achievement Records for this year. Completed records are due January 30. Details and guidelines are available at the Extension Office.

* * *

The first get together of the 4-H Meats Team will be held Monday, December 18, at 3:30 p.m. in the Extension Office. All interested 4-H'ers are invited.

* * *

The 1979 Southside Area Junior Livestock Show will be held in early May at the Five County Fairgrounds. The show provides opportunities for 4-H and FFA members to show beef cattle, hogs and sheep. Now is the time (too late for beef steers) to start planning for your show animals. Beef heifers should be selected soon after January 1st. Feeder pigs and feeder lambs should be purchased in late January through February. We're ready to help you with your selection of show animals and help you arrange financing if needed. If you're interested, let us know. The feeder pig to market hog, and feeder lamb - - - market lamb are livestock projects that do not require large investments.

* * *

The Virginia Division of Forestry is once again sponsoring the 4-H Pine Seedling program. Details are now available.

* * *

4-H'ers of the Week: Mike McCoy and Jo Ann Jamerson who provided entertainment for the Lynchburg Feeder Calf Association Banquet.

Low Blood Sugar What Is It?

Mrs. Barbara L. Morlang, R.D., Ph.D.
State Nutrition Consultant
Va. Dept. of Health

To be hypoglycemic or have low blood sugar means that the amount of sugar in the blood is too low to properly support the normal function of the nervous system and the brain. Because of this there area an unbelievable array of symptoms. The lowering of the blood sugar creates intolerable anxiety, and depression. Many of us experience similar symptoms when we skip meals. If you have ever felt shaky or jittery when you have gone without eating lunch, you have some idea of how a person who is hypoglycemic feels most of the time.

When diabetics have an insulin reaction they experience similar symptoms. Insulin reactions occur when diabetics have taken too much insulin, or when they have taken insulin, and then not eaten the proper amounts of food. The diabetic has too much insulin, and not enough food for the insulin to act on. When the person who is hypoglycemic eats carbohydrates the pancreas secretes too much insulin. The symptoms are the same. The person is nervous, irritable, shaky, anxious, he may feel dizzy, and even experience episodes of fainting. The hypoglycemic person usually craves sweets. However, because carbohydrates such as breads, sweets and sugar cause the pancreas to overact and produce insulin, the person should limit the consumption of these foods. The person who suffers from low blood sugar cannot solve his problem by eating more sugar. The solution to his problem is to eat a high protein diet, and to eat frequently (2 to 3 hours). Smoking, drinking of cola beverages and strong tea or coffee should be avoided because they aggravate the condition.

At present it is not known what causes hypoglycemia; however, some authorities believe that it may be hereditary. Because the symptoms are so general, the only way to determine if you have hypoglycemia is to have a six hour glucose tolerance test. A high protein diet can be harmful; therefore, personal diagnosis is not recommended. The person who has hypoglycemia or low blood sugar should be under the care of a physician.

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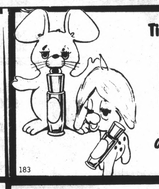

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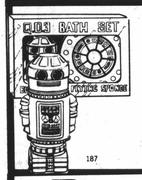

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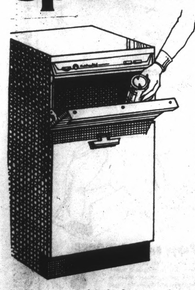

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ASCS TODAY

By Tom Conrad

Committee Election - The County Committee met at the ASCS office last Friday to tabulate the ballots for the 1979 Community Committee Elections. The results of the tabulation are as follows: Stonewall Community - Chairman - J. A. Martin, Vice Chairman - Riley Megginson, Regular Member - John Alvis, Jr., First Alternate - Calvin Harris, Second Alternate - J. Lyle Moore. Cloverhill Community - Chairman W. D. Hix, III, Vice Chairman - Eddie Covington, Regular Member - Jimmy Rosser, First Alternate - James Hunter, Second Alternate - Arthur Morris. Southside Community - Chairman - E. Carter Martin, Vice Chairman - E. W. Mullins, Regular Member - Harold Jones, First Alternate - H. W. Mann, Second Alternate - Coleman Robinson.

The gentlemen elected will help administer ASCS programs during the 1979 calendar year. They will be called upon at various times to meet with the County Committee to make decisions to best benefit farmers through various programs that are administered.

I would like to congratulate the above gentlemen and I would also like to thank all those that voted in this years election.

The newly elected Committeemen (Chairman, Vice Chairman, Regular Member) will meet in the ASCS office on December 14, at 9:30 a.m. for the County Convention. They will serve as delegated to the Convention to elect or re-elect one person to serve on the County Committee.

Mr. W. E. Bondurant, Jr., is running for re-election this year. Mr. Bondurant has served on the County Committee for the past six years. He has served two terms each being three years. If Mr. Bondurant is re-elected, this will be the last three year term he is eligible to serve before going off the Committee for at least one year.

Results of the convention will be publicized, however in the meantime if you wish to attend, the convention is open to the public.

1979 Flue Cured Tobacco Allotment - All flue cured producers will receive approximately a two percent decrease in their 1979 allotment, in addition to any overmarketings made in 1978. It is expected nationally that overmarketings will exceed undermarketings by 25 million pounds. Estimated marketings resulting from the 1979 quota are expected to be down 130 million pounds from the 1978 price.

Allotment notices will be mailed around January 5. After receiving your notice, you may start leasing tobacco for 1979.

1978 Wheat and Barley Deficiency Payments - Farmers that planted wheat and or barley in 1978 and participated in the Set-Aside Programs will receive deficiency payments in the very near future.

The payments will be made because the average price received by producers was below the target price of $3.40 per bushel for wheat and $2.25 per bushel for barley. The payment rates will be $0.52 on wheat and $0.35 on barley. The payment rate is calculated on the difference between the target price and the higher of either the national loan rate ($2.35 - wheat; $1.63 - barley) or the average price received by farmers during the first five months of the marketing year ($2.88 - wheat; $1.90 - barley). For both wheat and barley, this five-month period is June through October.

Since the average market price for both crops was higher than their loan rates, these figures will be used to compute payments. Thus, for wheat, the $2.88 price received is subtracted from the target price of $3.40 to arrive at the payment rate of 52 cents.

Eligible producers can compute their estimated payments by multiplying their acreages planted times the allocation factor times their program payment yield times the deficiency payment rate.

For example, the deficiency payment formula for a wheat producer planting 100 acres and program payment yield of 30 bushels per acre would be 100x1.000x30x52 cents for a payment of $1,560.

A barley producer with the same 100 acres and assuming a program payment yield of 44 bushels per acre would receive $1,269, based on a formula of 100 x .824 x 44 x 35 cents. However, a producer whose 1978 barley acreage was less than his 1977 barley acreage will have a higher allocation factor and thus will be eligible for a larger payment.

Corn and grain sorghum payments will be made in April as the first five months of the marketing year for these grains ends February 28 and the data to computs payment will not be available until the end of March.

Big Heart!

John Humbles, Jr. is shown with liver and "big" heart from his hog slaughtered on Tuesday, December 5.

The hog, named "Bowlegs", was a little over a year old when killed to provide meat for home consumption. It dressed out at about 500 pounds.

John, 10, is the son of Mr. and Mrs. John Humbles, Sr. of Route 3, and the grandson of Mrs. Pinkie Humbles, also of Appomattox.

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"Messiah" To Be Presented

The Appomattox C. H. Presbyterian Church Choir will present selections from Handel's "Messiah" on Sunday, December 17 at 5:00 p.m. at the church. The choir will perform four of the choruses - three from the Christmas section and the "Hallelujah." Soloists are David Caldwell, Debi Edmonds, Karen Gibson, Norma Moore and Thomas Terry. These solos are interspaced between the choruses to continue the telling of the Christmas story. Other choir members include Alan Edmonds, Marshall Goin, Peter Hale, Denise McCormick, Louise McCormick, Earl Martin, Sandra Martin, Debbie Williams, Plicky Williams and Nancy Williamson.

The public is invited to attend the program which is sponsored by the Women of the Church as part of their annual Joy Gift Offering. A covered dish supper will follow the program.

The choir is directed by Karen Gibson and accompanied by Virginia Carnefix.

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